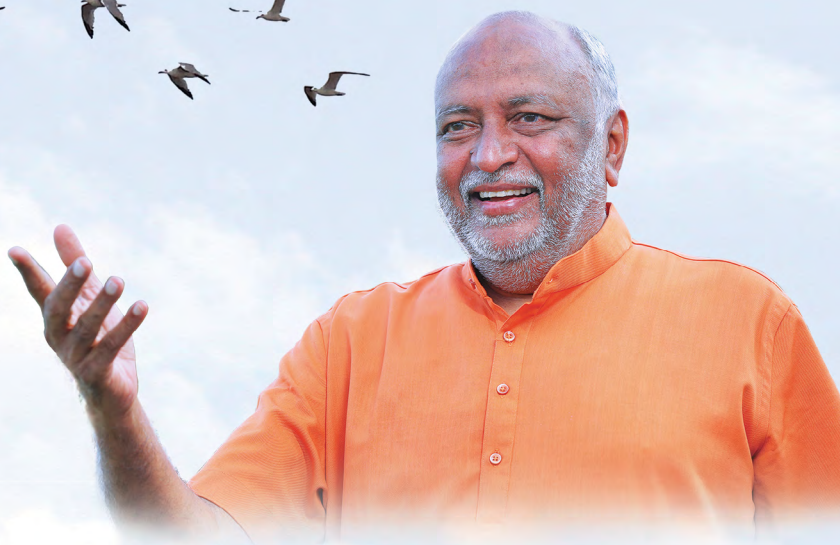


Spiritual Warrior's Approach to Life -10 Secrets

Looking at LIFE Differently



Swami Sukhabodhananda

*International Management, Spiritual Corporate Guru
Author of many best sellers whose works have sold over a million*

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About the Author

- *Swami Sukhabodhananda is the author of 118 books in many languages, many of which are best sellers.*
- *He is the most sought-after speaker even in the corporate world.*
- *His speeches on Gita are life transforming.*
- *Swamiji was invited by Prime Minister Narendra Modi to counsel & guide Bank CEOs and chairman and IAS officers and it was a great success according to economic times and was again invited to address them.*
- *He was invited twice in the prestigious world economic forum in Switzerland.*
- *He was for some time a psychological coach for cricket teams like Delhi DareDevils.(Delhi Capitals now)*
- *He was the 2nd Indian invited to the prestigious Lotus Millennium club in New York.*
- *Swamiji is also a yoga practitioner and black belt in martial art which he received at 64. Also, he is in 4th Dan now.*
- *“Times of India” in their polls on “Who Talks the Best” places him as number one, who tops the list on all counts as the best speaker.*
- *Swamiji has inspired to serve food for over 25 lakh people in hospitals & COVID-19 Relief & Response as the Anna Dana Project, which started in April 2019*

Foreword

To Live Life is to Love Life. The way of loving life is to learn the essence of what life has to offer to us and how we receive that which is offered to us. The art of seeing, listening, feeling and experiencing Life in all its totality is what we all have to learn . The eternal celebration of life which is dancing every moment in and around us is an invitation for one and all to join, explore, experience and celebrate.

Poojya Swami Sukhabodhananda who in His unique style has presented these Life Principles in the most simple understandable language interspersed with live anecdotes, stories etc., in His books has won the hearts of all sections of people across the world. Few of those topics of interest have been picked and chosen for your immediate reading, imbibing and empowering your inner selves to bring about a transformation in the very thinking process in your lives.

This abridged version is a forerunner to the full-fledged Original book called

"LOOKING AT LIFE DIFFERENTLY "

(Minimizing Tensions Maximizing Effectiveness)

by Swamiji who has authored many best sellers whose books have sold over a million copies in different languages for e.g sellers like

"O' MIND RELAX PLEASE", :

"O' LIFE RELAX PLEASE",

"MANAGING LIFE CREATIVELY".

"FROM FRUSTRATION TO FULFILMENT " his latest offering.

He is also one of the Amazon Bestselling author.

The author thus invites you to go through this book which also forms the trailer of the content of various ONLINE BOOT CAMPS and WEBINARS which are being conducted regularly.

These online programs of Swamiji have created a massive impact in the lives of people across the globe.

Details of the various online courses are given in the last pages of this book. For more details please log on to our website www.sukhoham.org or www.sukhoham.in

From the Author

10 SECRETS FOR SUCCESSFUL & SATISFIED LIVING

- 1. The Secret of bringing in Excellence for all round development*
- 2. The Secret key to come out of Pain which gets magnified into disaster in the absence of Excellence.*
- 3. The Secret of bringing out the Best in you.*
- 4. The Secret key to manage Time.--Time is More important than Money for Money is Unlimited and Time is limited*
- 5. The Secret of Transforming Hurt Body to Bliss Body.-The Art of Transforming Inner Hurt Body which creates Inner disorder to an Inner Bliss body, thus creating Peak experience in and through our Life.*
- 6. The Secret of coming from Emptiness/Fullness without being crushed by the problems of Life but using them in a Creative perspective.*
- 7. The Secret of Creating a Foundation, from which the poison of Fear is eliminated, thus scaling up a different kind of Smartness.*
- 8. The Secret ART OF CREATING JOY--The Art of creating Joy in spite of Ups and Downs of life by changing our Inner state of Being, so that external events don't affect us be it in our Family Zone, Work Zone or in our Relationships.*
- 9. The Secret of not getting lost in the Unessential and creatively using life so that we "MAKE" our lives rather than "MESS" with our lives.*
- 10. The Secret of Creating a pathway such that Life just doesn't become Mathematics but a Painting of the Unknown*

Contents

- WE MAKE OUR LIVES
- COMMITMENT AND EXCELLENCE
IN LIFE
- THE ART of WISE LIVING
- PILLARS To THE SKY
- SELF OBSERVATION THE ART of
BEING WISE

WE MAKE OUR LIVES

Man is his life. Our lives are series of experiences. As is the experience, so is life. If a person's experiences are unhappy, his life is unhappy and vice versa. A single day in one's life is a small replica of one's whole life. If man is unable to work towards change for even a day in his life, then he will not be able to change his life. To change his life, he has to change every moment.. every day. If he does not change but says he is working on changing himself, then it is just a figment of his imagination.

To change one's life, one has to observe. Observe one's body, mind, feelings, values, and observe as to how one responds to the various situations in life. But if one gives excuses of changing from tomorrow, then one will never work on changing today, but only postpone it to tomorrow. This is one of the gravest diseases in spirituality.

In order to truly work on changing oneself, one has to define one's work. The field of one's work is today.

How do I know that I am working on the process of changing myself?

The true quality of work is to observe your reactions to the situations in life. Are you reacting or responding to situations? If you are reacting to a situation, then the situation is controlling you, but if you are responding to it then your commitment is guiding you. For instance, when someone scolds you and you react, then the situation is controlling you but if you pause and observe your behaviour or question whether you should remain quiet or ignore him or answer him back then you are bringing your 'presence,' your conscious 'presence' to the situation. This is a response. The true responsibility is the ability to respond.

I see my reactions as being mechanical. I feel I am a machine, a robot. What do I do?

You are conscious of the fact that your reactions are mechanical. The very fact that you are conscious shows that you are not a machine but a conscious being. Draw your energy from this consciousness. At present, you are not anchored in the 'presence' of your consciousness. Your 'I' is in the 'mechanicalness.' Your 'I' should be anchored in your consciousness. Bring this 'presence' in your daily activities of life.

What should my action plan be in my daily activities of life?

Bring the 'presence' of consciousness in your daily activities. The spiritual work-exercise is to bring consciousness in small activities of life. Be conscious of your reactions and be aware if your feelings have purity or the garbage of negativity. Be conscious of your voice. Is your body relaxed or tense? Are your thoughts compulsive? Can you be inwardly empty, free from the unnecessary thoughts? Observe your self-talk. Find out whether your self-talk guides or distracts you.

Why is my mind always talking? Is this self-talk essential or unessential?

Our minds are constantly dominating our lives. We are entrapped by our minds and they become our enemies. Mind has a self-talk mechanism. Having compulsive thoughts is a psychological disorder.

As we have not raised the level of our consciousness, our mind keeps on chattering.

Do this exercise; just as a tiger waits and watches out for its prey, wait and watch out for thoughts that arise. At this moment shut your eyes, and observe the first, second and the third thought in that order. Do it right now.

You will observe that no thoughts arise. When you are alert, thoughts do not arise. In the space of alertness, your 'presence' is more conscious. When

your 'presence' has less consciousness, there are more thoughts.

Hence when the mind is constantly talking, it indicates that your level of consciousness has not increased. More thoughts are a symptom of being less conscious.

Consciously use your self-talk when required and when not required learn to be inwardly empty.

How do I eliminate negative thoughts in my mind?

Understand that every thought creates a subtle substance. Negative thought creates a hurt body; positive thought creates a bliss body. The bliss body will uplift you while the hurt body will make you a victim of circumstances in life.

Secondly, whenever a negative thought arises, learn to dis-identify from it. See yourself as a witness and the thought as witnessed by you. You are the subject and the thought is an object. You are an observer and the thought is the observed. Slowly distance yourself from the thought.

Thirdly, observe how dominating your mind is and how compulsive thoughts are being processed.

Finally, as far as possible, let there be absence of words. Learn to develop the taste of being without any self-talk.

What spiritual benefit does one achieve when negative thoughts are eliminated?

Purification happens. In this purification, our centres become receptive to allow the higher vibrations to flow in. New ideas become understandable. If our centres are not purified, divine messages, new ideas... will not flow in. We should thus insulate ourselves from negativity and keep our centres pure and receptive, so that the higher states of consciousness can guide us.

Will this purity help us in our corporate life as well?

As said previously, our centres when purified are available for higher vibrations. Creativity happens in this space. The great Indian musician Thyagaraja, listening to a bee discovered a new raga... a musical note. A monk observing a snake and a crane fighting discovered the martial art called Tai Chi.

Would you please elaborate on creativity?

There is a technique called the golden egg technique.... imagine, there is an egg and in it there exists gold. This gold is hidden in the egg. In a similar manner, treat every problem as such an egg and realise that there is gold or opportunity hidden inside. Whenever you are faced with a problem, do not get disheartened but understand that it is only an egg having gold hidden in it. Delve deep into the problem and see the gold of opportunities. This attitude will invoke creativity in you.

Is there any other technique on creativity?

There are many more. Whenever there is a problem, think of twenty ways of solving it. Like a game, write down twenty ways of solving a problem. Choose five ways out of the twenty and work on them. With those five ways find twenty ways of fulfilling them. Ask your friends to give ideas. The mother of creativity is generating ideas. Play with it.

Can I use this method in motivating my lazy son?

All these methods can be applied provided you remember not to view a problem as a pain. If you do so, then your hurt body will increase and you will pass on your pain to your son. Instead, apply the golden egg technique. In the problem of your lazy son, there is gold hidden... an opportunity hidden. Treat it as a great opportunity to study the reason as to why he is lazy. Be an anthropologist and study the causes of his laziness. By doing this you are in a pro-active state and this state of your being will motivate your son.

Next, apply the second method. See twenty ways to make your son active. Take help from friends thereby expanding your ideas. Creativity opens up when there are ideas. Include your son in the game plan and make him your team-mate. You will observe the inspiring energy that you create and as a result your family will have a meaningful goal.

Can I adopt this technique with my nagging wife?

First and foremost stop conveying to your wife that she is a nag. Use transformational vocabulary use empowering language. The moment you tell her she is a nagging wife, she will retort immediately accusing you, which would result in a war of words. This will affect the flower of your love. Once you start using words, you bring in logic leading to arguments. There are no winners in an argument. Hence use words wisely. When your wife expresses something, try and understand her point of view instead of branding and labelling her. The moment you brand her, you will be blinded and will see only the labels. As a result you miss seeing the real person.

How can we become richer by differences in a relationship?

Stop treating differences as conflicts. View them as points of view. Learn to appreciate variety. Appreciate differences rather than viewing them as pain. The moment you relate to differences as pain, you will experience them as pain. View differences as other ways of looking at a situation.

COMMITMENT AND EXCELLENCE IN LIFE



Commitment is the language of the wise; complaint is the language of the fools.

Commitment is a responsibility and also includes accountability. In life, one should be responsible as well as accountable. Generally one takes responsibility without accountability; this weakens one's being.

Our weaknesses result in disappointment. Disappointment should be cremated and not garlanded. People derive a sadistic pleasure from disappointment. This is a primitive pleasure, like a grownup boy sucking his thumb. To cremate disappointment, one should strengthen one's strengths. The greatest strength comes from the energy of commitment and brings in excellence in all walks of life. Few people traverse the road of success without a puncture or two but it is commitment to excellence that takes them through.

Commitment is not being 'stuck,' but it is an integration of one's being. For example, if you are committed to honour your word, then the 'lower self' in you will discourage you to justify the failure in not keeping up your promise. If your energies are low, you will be sucked into its logic and reasoning. But if you follow the 'higher self,' the 'lower self' will be like a servant serving the master. Slowly the 'lower self' will be integrated with the higher. In such a state there will be integrity. Without integrity life is shallow.

We have, both - an actor and a thinker in us. Every time we lie, the thinker warns us that we are lying and the actor asks us to shut up and continue telling lies. In such a state, there is a split in our being – between the actor and the thinker. It is like riding a chariot with two horses, with the horses going in two different directions. Commitment creates integrity. In this state, it is easier to bring forth the excellence in our lives.



Observe nature and see how other beings are committed. For example, look at an eagle.

- From a range of 5 km, it focuses on its prey.

Can we focus on our goals like an eagle?

- An eagle does not eat a dead prey.

Can we learn not to live on dead information?

- If there is a storm, the eagle can glide on the

strong breeze. It tests its wings and enjoys the storm and the challenges associated with it.

Can we enjoy difficulties and convert them into challenges?

- An eagle does not mix with other birds. It soars high on its own.

Can we be part of an average crowd and still soar high on our strengths?

- An eagle tests before it trusts. Before mating, a female eagle tests its partner. It picks up a twig, flies high and as the male follows, it flies around to escape and finally drops the twig. Before the twig falls on the ground, the male catches the twig and gives it to the female. It repeats this act. If a male succeeds in catching the twig consistently, then it allows mating to take place.

Similarly, like an eagle, can we test before we trust?

- Eagles lay eggs on a cliff or at the edge of a high peak by making a nest of grass entwined with thorns. When the eggs hatch, the weight of the eaglets makes it uncomfortable as the thorns start pricking. Then the female pushes the eaglets out of the nest. As the eaglets are about to fall, the male picks them and brings them back to the nest. Meanwhile, the female removes the upper layer of grass, so that the eaglets rest directly on the thorns that prick them. The eaglets are yet to test their wings

to fly. Now the male pushes the eaglets out of the nest. This process continues till such time that the eaglets are able to foresee the danger in falling and start using their wings. Slowly they realise their ability to use their wings and start flying.

Difficulties are like divine surgery. Do not resist difficulties. Nature expects us to use our heart and head to discover new and wiser skills to fly in life.

Observe the commitment of an eagle in bringing out excellence while choosing a partner first and parenting later. Bring similar commitment to all walks of life; be it at family, at work, in society or in your spiritual life.

Excellence happens when there is love to grow and contribute. Heart is like a musical instrument. Use it wisely.

Creativity occurs primarily through the power of intention. Intention is like sowing a seed in existence. Allow it to germinate. Allow the forces of nature to nurture life.

Commitment also involves dropping illusions. We do not see the world as it is. We see the world projected through our verbose minds. Minds are filled with thoughts, which are nothing but mere words. Words represent experiences. Words are also influenced by memory. Memory is of the past. From the past, we see the present. Hence we create illusions created by

words, but we must filter them wisely.

The mind creates dreams. The self - awareness in you sees reality. Awareness without the arrogant 'I' is the 'higher self.' The mind with its illusions is the 'lower self.' Have the commitment to operate from the 'higher self.'

Through commitment, balance all walks of your life... family, work, social and spiritual. Creativity is to balance all walks of life. Creativity is just not creating something new always. Creativity brings excellence in one's life. It is a state of well-being. Well-being creates completion. When one is complete, one is alive and vibrant in all walks of life.



A teacher advised, 'Let this not happen to you all.'

First, I was dying to finish high school with an 'A' grade.

Then, I was dying to enter the best college.

Then, I was dying to finish college.

Then, I was dying to get a good job.

Then, I was dying to get married.

Then, I was dying to have children.

Then, I was dying to see my children study well.

Then, I was dying to retire.

Then, all of a sudden I got this insight that I have forgotten to live.

THE ART OF WISE LIVING

A man went to a butcher's shop and asked for the best meat available. 'We keep only the best meat here,' replied the butcher. This enlightened the man as he realised that every moment is the best moment.

Every moment is the best moment. Can we treat every moment as the best moment? The art of wise living is to be present in the present as a present. Most of us do not experience an experience. We are busy butchering the experience from our concepts of good and bad, right and wrong; thereby missing the experience altogether. To be open to an experience is to chew and munch on that experience. In this space, experience guides you mysteriously.

**What do you mean, when you term
'experience an experience?'**



Looking at Life Differently
Kindle Edition

A student asked the master 'What was your experience before and after enlightenment?'

5 Days Bootcamp
<https://bit.ly/3jBU1Qr>

The master replied, 'Before enlightenment I used to wake up, bathe, eat, chop wood and sleep at night. After enlightenment, I did the same,' he continued.

'The only difference being, previously when I was doing similar chores, my mind used to be in the past or future. After enlightenment, when I eat - I eat, when I bathe - I bathe and hence I live in the present.'

To experience an experience is to be present in that experience. Very often our mind judges an experience on the basis of our likes and dislikes. So the energy of our likes and dislikes is superimposed on that experience. It is similar to a movie projected on the screen and the screen not being visible.

Is it ever possible to free us from likes and dislikes?

Do we have likes and dislikes or do likes and dislikes have us? As unconscious beings, likes and dislikes control our lives. Conscious beings are masters of likes and dislikes. When likes and dislikes are under your control, they will serve you and in such a state, you are not messed up. Likes and dislikes are not the problem. However, do they control your life, or are you controlling them, is the real question.

You talk about living in the present. What then is the usefulness of the past and the future?

It is wrong to say that we have to live only in the present. One needs to consider time as past, present and future. Some people are past oriented - mostly

they operate from the past. Some are future oriented – mostly they operate from the future and some are present oriented – mostly operating from the present. To be wise, involves balancing time... when required you have to take reference from the past or consider the future. Hence balancing time is very essential.

Would you please elaborate on balancing time?

Do not reject the past or future. Also do not live only in the past or future. Learn from the past, enjoy the present and plan for the future. Be present in the past and thereby learn from the past, be present in the future, thereby plan for the future. Being alive in the present, you will enjoy the present. It is said that, one of the reasons Hitler lost the war was because he did not learn from history. He attacked Russia in winter. Had he learnt from history, he would have known that Napoleon had lost many of his men by attacking Russia in winter.

One can learn from the past as well as from the future taking care not to be imprisoned by both. Similarly, while planning for the future, do not lose the present and miss the wisdom of the past or the opportunities in the future. Hence, one needs to be balanced with reference to time.

Can you elaborate on time management?

- Decide on your priorities in life.
- Prioritise your priorities.
- Establish your peak performance time, during

a day.

- Monitor your low performance time.
- Do any important task at your peak performance time.
- Do any less important task at your low performance time.
- Identify your time wasters.
- Learn to delegate work.
- Enjoy your work and you will find there is a lot of time.
- Review your priorities from time to time.
- Be with people who are good at time management.

Can you explain the mystery of time?

Time consists of the past, the present, and the future. Just as the past was the present at one point of time, the future will also be the present at another point of time. So be present in the past and also be present in the future. Therefore, the present is more real.

What defines the present?

One hour. One hour has sixty minutes. A minute has sixty seconds. Further, break down the second and still further, the present will lose itself into 'is-ness.'

Time will melt into timelessness. Use time to go

beyond time.

Why should one go beyond time?

Within us, there is a dimension of time and beyond time. We live in two worlds, a world of the mind, which is in time and a world beyond the mind that is timelessness. When we are in sleep or in samadhi, we go beyond mind and experience timelessness. One should have the wisdom to use the mind and the wisdom to go beyond the mind.

In a state of deep joy, we are beyond our minds.

What do you mean by ‘The wisdom to use the mind?’

Mind is a bundle of thoughts. More than heart attacks, we suffer from thought attacks.

When thoughts attack us, we become victims of thoughts. It is like employing a servant and being thrashed by him. You should be the master of the mind rather than the mind being your master. You should use the mind rather than let the mind use you. The very intention to be the master of the mind will give you the wisdom of how to use the mind.

I am still not clear on the expression, ‘The wisdom to use the mind.’

OK. Look at it from this angle. People complain about their wives dominating them, their bosses dominating them. However, if you closely observe, it is our own mind that dominates our lives. Just as in the case of

Obsessive Compulsive Behaviour, wherein one washes hands continuously even when not required; in a similar manner there are compulsive thoughts. Mind constantly chatters. The chattering mind dominates us. When compulsive thoughts exist, we become slaves to them. Once you learn to be calm, you are in control. When required, use thoughts; when not, just be empty.

Why should one be calm and go beyond mind?

Generally we are dominated by thoughts ... compulsive thoughts. When the mind is noisy, we feel burdened. There is a voice of the mind and also there is a voice of the soul. The voice of the soul is silence. We do not experience silence, as our mind is noisy. The voice of the soul is nourishing, whereas the voice of the noisy mind is perishing. In order to hear the voice of the soul, one should put an effort to end the noisy mind.

Why do people consume drugs like LSD .?

A noisy and pushy mind leads one to a state of unhappiness. It constantly bullies and dominates us. We have become slaves to it; we want to escape from it. Some use mind-blocking or mind-altering drugs such as heroin, ecstasy or LSD. The temporary illusion of calming the mind takes away the stresses and we feel unburdened and relaxed. This momentary relief of noise and pressure leads to repeated use of drugs.

When we get addicted to drugs, our body and mind become their slaves again.

However, there is another way to achieve the tranquillity we need. A far healthier method is Meditation through which our bodies and minds remain in total mastery.



One day a man came to Mullah Nazarudin and said, 'Do something but rid me of my stomach ache.' Mullah took a stone and smashed the man's leg. The man yelled in pain and screamed, 'Why did you do that?'

Mullah replied, 'Now you don't have stomach ache, do you?'

What a foolish way to escape from pain. To get rid of one problem we enter into another. Similarly, to get rid of the burden of a noisy mind people get into drugs and suffer.

THE ART OF BEING HAPPY

What constitutes being happy?

Being happy involves destroying the 'hurt body.' We are not conscious as to how we create a hurt body. Every thought creates energy - substance. This substance created by thought, is subtle and can be negative or positive. If a thought is negative, then the substance created by the thought grows and builds up. This results in creation of a subtle hurt body. This hurt body starts majoring on minor things and looks at the world independently. Thus, we do not see and think through our eyes and minds only, but we see and think through the eyes of the hurt body also. The secret of happiness lies in destroying the hurt body by creating a bliss body.

How is this bliss body created?

Every thought creates energy. Entertain happy thoughts and feelings, thereby creating happy energies. This happy energy creates a bliss body and

then your life will be happy.

Isn't this just positive thinking?

Initiate positive thinking and let it progressively transform into wise thinking; for which a guru's guidance is needed. When thinking happens through a wise blend of both male and female energies, such thinking is referred to as wise thinking. It involves your seeing 'what is' as is, and 'what is not' as is not. Wise thinking makes you see a possibility of what can be, whereas positive thinking makes you see what can be but negates 'what is.'

The next stage is going beyond thoughts. Learn to see yourself beyond thoughts. Between thoughts, there is silence; there is a gap that is beyond thoughts. Once you see this gap - silence, there exists bliss. This bliss is not born out of thought and so cannot be destroyed by thought. This is called the bliss body of an enlightened being. Silence makes you discover this bliss body.

What you mean by both 'male and female energies?'

We are products of our parents and hence, there exist both male and female energies in us. Traits of the male energy include achievement, assertiveness ... and those of the female energy include acceptance, passiveness Some people are very assertive, but there is no energy of acceptance in them, resulting in an imbalance of energies. The thinking of such an imbalanced person is distorted. A man may possess

more of female energy and vice versa. Hence, a proper balance of these two energies is necessary.

Is there a special discipline of balancing the male and the female energies?

If female energy is dominant in a person, such a person needs to be trained in an aggressive form of martial arts like karate or judo and if male energy is dominant in a person, such a person needs to be trained in gentle forms of energy techniques like taichi, gardening or music to counterbalance such energies. In yoga, there are certain postures that enhance the male or the female energies. Hence, a guru would be best placed to guide you wisely.

Mind is meant to think but not to be kept empty; can you please elaborate on this statement?

When required, think. If thinking happens without your awareness, it is compulsive and hence mechanical. Mechanical thinking is no thinking. To energise your thinking, keep your mind calm and empty. It is a known fact that many scientists think deeply on a subject, go to sleep and in the middle of the night often find answers mysteriously. Resting the mind energizes it. Waking up after a good restful sleep, you feel refreshed. Learn the art of being empty and in this emptiness when you start thinking, your thinking will have the power and vitality.

Can you narrate a story to inspire us?



In the house of a famous swordsman named Shoken, there lived a large rat that was fomenting trouble. The swordsman brought in a female cat to kill the rat. With pride, the cat arrived at the house of the swordsman. The cat went into the room and saw the rat. Surprisingly, the rat attacked the cat. Shamefully the cat had to leave the house without being able to catch the rat.

The swordsman later invited a male cat since the female cat had failed in its attempt to catch the rat. In similar fashion as the female cat, the rat attacked the male cat. The male cat too left the room unsuccessfully. Puzzled by this turn of events, the cats called for a conference to discuss the matter. Amongst them, a wise old female cat volunteered to catch the rat.

The swordsman was surprised to see the old cat. The old cat went into the room and saw the large rat. Both of them had an eye contact. The old cat approached the rat, took it in her mouth, and quietly left the room. The other cats asked the old cat to divulge the secret of her success.

The old cat replied, 'All of you have used techniques to catch the rat and the rat had better techniques to counter you. Whereas, I went with emptiness. When I was void, I had no form, no desire to attack. When one has no form and desire, then one is not a threat to another. Then a great energy the divine energy flows through us. When there is 'I,' there is a form and one's form is a threat to the other form. When

there is no 'I,' there is no threat to the other, and hence no enmity. I allowed existence to decide who to catch whom? That was the secret of my success.'

The great swordsman bowed down to the old female cat and said, 'You are speaking Zen. I have the theory and you have the practise.'

**You mean to say that when there is no
'I' - the Ego, divine intelligence will flow?**

Yes. Our ego - the 'I' is like dust in the eyes. When there is dust in the eyes, the whole universe appears to be chaos. Ego is the dust in the eyes of consciousness. Be empty, surrender your ego and allow divine intelligence to flow. The old female cat was empty and allowed the cosmic intelligence to flow. In such a state of surrender either a rat or a cat would win. Such surrender requires great commitment. Allow this cosmic intelligence to flow through you.

PILLARS TO THE SKY



A young boy often looked up at the sky, fearing that the sky might fall any time, as it had no pillars to hold it. He ran into the forest, with the hope, that the trees would act as pillars to the sky and save him from being crushed if it fell.

In the forest, he came across a monk and asked him, 'Are you not afraid that the sky may fall as there are no pillars supporting the sky?'

The monk replied, 'There are pillars supporting the sky, but you need special eyes to see them.'

'How do I possess those special eyes?' asked the boy.

The monk's suggestion to the boy was to go to the village and arrogantly demand food. If villagers gave food with a difference, then he was to come and report to the monk.

The boy went to many houses, arrogantly seeking food. Most people refused to oblige him. Surprisingly, in one house, a woman came and begged his pardon for the delay in giving him food as she was feeding her baby. When this incident was reported to the monk, he said, 'This act of goodness of the woman, is one of the pillars supporting the sky.'

Every good act is a pillar propping the sky. It is not visible but it exists. If life comes from such belief, then you get strength from an unknown source.

Is goodness the only way of life? Many people are good but they are not successful... has goodness failed?

Goodness should be the substratum on which life is built. Being good is important, but being good alone does not lead to success. To be successful, one should also be smart. People think that only working hard is going to make them successful. This is a false belief. It is not only working hard but also working smart that make us successful. Goodness gives us spiritual strength, but one has to be smart in life... another variable that one needs to develop.

How do we develop smartness in life?

Being in the company of smart people one learns to develop smartness in life. One of the qualities of successful people is being skilful with others. They are good in their people skills. They know how to motivate people and get motivated by them in turn.

They know the art of accepting people and gracefully rejecting them when required, to present their point of view and not 'poke' their point of view. Successful people know how and when to praise others. They also know the art of sandwiching criticism between praises. They have a commitment to excel and treat failures as fertilizers to success. They are not like oak trees in flowerpots!

What is wrong if I am smart but devoid of goodness? I want to be successful by any means. We see this happening in the corporate world today. Is this philosophy wrong?

Understand that as you sow, so you reap.



A girl quarrels with her mother and goes to the forest behind her house. She vents out her anger yelling loudly, 'I hate you, I hate you.'

She is shocked to hear a voice 'I hate you, I hate you.' She runs to her mother and confides that some one was saying that she hates her. Mother knowing it was only an echo, lovingly tells her daughter, "Go back and tell her 'I love you' and then see what happens."

Life works on this echo principle.

If you are successful without goodness, you will not be in a position to enjoy the joy of your success. Your mind will be like a pot with a hole; any amount of water of success will leak through the hole.

Goodness makes the pot of your mind contain the joys of your success.

The greed to be somebody and the fear of being nobody is the greatest stress that people go through today. This is because they lack the foundation of goodness.

Can goodness help me in my business?

If you have two business partners, one who you feel is good and the other not so good, you will obviously choose the partner who is good. Criminals too, like their followers to be loyal to them. An ideal combination would be a good and a smart person.

In the 'presence' of a good individual, you will not feel threatened. You will feel safe and belonged. A value based business is much needed.

Is relationship based on pleasure? Does pleasure play an important role in a relationship. Is not goodness a binding factor in having fun in life?

The relationship between a man and a woman has the ingredient of pleasure. Nevertheless, there are different levels of pleasure. A child sucking his thumb is one form of pleasure, but when the child becomes an adult and if he continues sucking his thumb, then he is trapped in primitive pleasures. Hence, carefully observe the different levels of pleasure.

There is a pleasure of the body. There is a pleasure of belonging, a pleasure of being loyal, of being good. There is also a pleasure of contributing...

Goodness is the highest form of pleasure. In that pleasure, include all the other pleasures. The banks of the river do not bind the river. Similarly, discipline of goodness harnesses life and does not bind it. Reflect on this deeply.

**What about goodness in our personal life,
how does it contribute?**

Goodness gives you integrity. Integrity unites you and lack of it breaks you.

**How do you deal with bad people at
work or in the society?**

Learn to accept that the world is like a forest where you will come across all types of animals. You have to be alert, accepting and be able to protect yourself. Every person's soul is on a journey. Learn to accept it. Also, learn to empower them ... more by your 'presence' than by your words.

Words are shallow for those who are too much in the mind. They will be lost in words. If you have learnt to go beyond the mind, then your 'presence' will have magic. The energies of your heart and your being will flow. Invisible ripples of your consciousness will

start communicating to the other. It is said that when Lord Buddha walked, flowers not in season bloomed because his consciousness was very powerful.

Why should I learn to accept a bad person?

There is very little choice that you have other than in accepting. Even if you reject him, he will still exist in this cosmos. When I say accept, I do not mean that you agree with him but be at peace with him. Learn to see elegance in imperfection. Understand that his being bad is communicating something to you. Existence is teaching you how not to be like him, through him. Hence, be grateful to him for in his badness lies a lesson for you to learn, how bad it is to be bad.

What do I do if my mother-in-law is bad?

She constantly quarrels with me, uses harsh words but fortunately, she does not live with me.

When people use harsh words, it means that they are only expressing their hurt. If you do not accept those words, they will not hurt you. Gandhiji once said that nobody could take away your self-respect until you give it away. No one can hurt you until you give permission to be hurt. This is a great opportunity for you to practise of not getting hurt. Hurt or upset, whether justified or not, is self-damaging.

If your mother-in-law screams at you, do not listen from your mind, just listen to her from emptiness. Look at her compassionately... she may be fighting a

hard battle that we know nothing about, so be kind.

Learn to practise the technique of being an empty bamboo. Alternately, visualise that you are a transparent being. Let her words pass through you. When a stone is thrown in space it just passes but if there is a wall then there is a clash. Ego is like a wall on which the word clashes. Practise being empty.

Be grateful to your mother-in-law for giving you the opportunity to practise kindness. Convert the difference into a salvation point.

**What you say appears to be nice but is it
easy to practise?**

It may not be easy but enjoy practising hard things in life. However, the fact is that it is easy to practise. Our ego makes it hard. Our ego is in fact hard. Hence, take small steps to drop your ego. The ego wants his or her point of view to survive. Learn to do things that the ego does not want. Slowly break the adamant ego. Learn to be flexible, learn to pray and ask for divine help. It will arrive. God is waiting to serve us, but we have to make the request.

SELF OBSERVATION

THE ART OF BEING WISE

The object of spiritual awakening is to make people think for themselves by the material called life. Life is the field of experience. The teaching is to make us think in a way that awakens us. Ordinary life makes us go into deep sleep. Since we have been living in the basement of our life, we miss the joy of exploring its higher dimensions. As you think differently, you will find yourself awake to deeper realities. You will realize that you are not just the body and the mind but also beyond them. Then you will come in touch with your spiritual body.

When people claim that their life is happy or unhappy, a question arises as to whether it is the result of an external situation or their internal moods. A person may be in the best of external situations, but internally unpleasant and thus his experience of the external will be a reflection of his internal world.

How many of us really take care of the internal world?

Most of us are lost in making the external beautiful. Observe when people talk about their life history. Generally it revolves around the events of the external situation that impacted or influenced their life. However, apart from events, there are 'states of being.' Our life does not solely depend on events but also depends on our states of being.

Can you give an example to convey the distinction between the inner states and the external events?

I have a young driver and an old maid servant. The old maid servant has been serving me for many years. I live in the Silicon Valley of India, the City of Bangalore. I have a beautiful garden and my residence is like a little heaven. Both of them quarrel frequently to prove that each one is more close to me than the other. They live in an external situation, which is like heaven, but internally they are experiencing hell. Their inner states truly determine the real quality of life.

How will this understanding of events and the inner states help me in my family life?

The quality of your relationship depends on your inner development. Relationships generally thrive on the lie that if the outer is fine then our life will also be fine. However, if one is aware that the quality of life depends on one's inner states, then the apparatus for living the inner states have to be kept pure and alive.

If there is a difference or quarrel, one will work on

one's inner states and not blame the other.

Suppose, you find that your husband is very sad and loves being sad, then you will know that he will not be happy by changing the external events. You have to work on his inner states. This clarity gives you great strength and direction.

How do we keep our internal state always positive so that the external events do not affect us? Can you elaborate through an inspiring example?

A teacher took a small glass and asked her students,
'How heavy is this glass?'



She got several answers. However, one kid got up and said, 'Madam, It all depends. If you hold the glass for one minute there is one unit of weight. If you hold it for one hour, it will weigh more and if you hold it for one day, it would torture you.'

Responses are relative. If you hold the glass for a minute, then keep it down, again pick it up after a while and continue the process, then holding the glass any number of times, does not matter.

Similarly, if some one insults you, you experience a little amount of hurt and if you mentally hold it for days together, then the same unit of hurt or sorrow would torture you badly. Learn to leave or let go of your hurt from time to time. Do not hold it mentally for long. As a result, you will be able to manage your inner states wisely.

Do you mean to say that by managing the inner states we will be more effective in dealing with the external events? Will this insight help in corporate life too?

Yes, it is true. A business involves many events. More than the events, how you react to the events will determine the quality of your life. Your reactions to the events depend on your inner states. Therefore, let this be an exercise in living, an exercise in observation of events and how you are reacting or responding to the events which depends on your inner states. Therefore, the external events become openings to reveal your inner states. Change the inner states and then you will be calm and more powerful. You will not become a victim of situations in life.

By observing, I go on changing myself and I find my mother-in-law does not change, is it not frustrating?

The external reality is that your mother-in-law is not changing. Your inner state is that you are reacting to it and hence you are feeling frustrated. Learn to be compassionate towards your mother-in-law. If your inner state is compassion, then love flows. You will be grateful to God that you are not as unwise as your mother-in-law is. You will learn from her, **not** to be like her. All this will happen if your inner state, your inner apparatus is pure.

**If my mother-in-law takes me for granted,
what should I do?**

That is her problem. That is her weakness. Let your strength permit you not to be a victim of her weakness. That depends on your inner state and not on the external event. Learn to practise being an empty space like a flute. Out of emptiness, you make her realise your difficulties... thus make her aware as to how she is creating hell around her.

From that empty space if one expresses, then one is presenting one's point of view and not thrusting one's point of view.

How do I develop this inner purity?

Do not allow an impure mind to dominate you. Do not allow bad moods to dominate you. When bad moods occur, be a witness. Do not identify with them. See them like passing clouds. You are like space and thoughts are like clouds. Just learn the art of dis-identifying from your mind.

Can you elaborate on being pure?

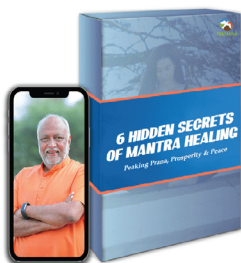
The way you respond or react to the external events, show your state of being. Learn to be passive do not react. To be passive requires your commitment to avoid mechanical reactions. Whenever you dis-identify, there is a passiveness that will diffuse reaction. The art of dis-identifying is an important spiritual discipline.

Can self-observation lead us to unity? I find myself pulled and pushed from none other than myself. What clarity do I need?

If you carefully observe you will realize that, you are not an individual but a crowd. There are multiple 'I's in us. There is a father, a son and a husband in you. These I's have different directions and pulls. If they do not have a common purpose, they become a crowd and not a unity.

How do I have a common purpose in the multiple I's as the roles are different?

The role of a husband, a father, a son, a boss may be different. However, the common goal should be transformation, purity and goodness. If this is the common purpose, there is a unifying force that unites all the roles we play. Only then, do we become individuals or else we remain a crowd. Understand this clearly.



6 Hidden Secrets Of Mantra Healing - Peaking Prana, Prosperity and Peace

1. OM Pranava Mantra –Open up Sahasra (Lotus Chakra)
2. Om Gam Ganapataye Namaha (Open Muladhara (Sex Center) Creation of creativity)
3. Om Krishnaya Namaha (Heart center)
4. Om Namah Shivaya (Om Shivaya namah- Shakti sandhaane shareera utpattihi)
5. Mrityunjaya Mantra (Victory Over Death)
6. Gayatri Mantra (Let us All Be Enlightened)

SPEED LEARNING OF

bhagavad gita

CHAPTER 1 & 2 BUNDLE



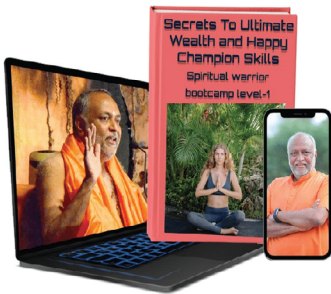
Speed Learning of Bhagavad Gita Ch 1 - Management Principles Made Easy

1. I Me My & Mine- EGO the chaos
2. Perception- Perils and Peaks
3. Communion –The essence of Communication
4. Spurts of Hurts – Overtones
5. Courage – The Spirit of the Brave
6. Strategy of Life – Design or Default
7. Peeking The Talent With Attitude
8. Follower Vs Explorer
9. Anatomy of a Breakdown
10. From Facts to Truth
11. We are the mixture of Clarity & Confusion

Speed Learning of Bhagavad Gita Ch 2 - Transforming Hurt Energy into Healing Energy

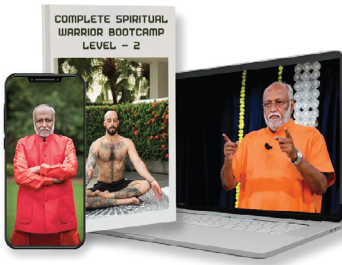
1. Unconsciousness to Consciousness
2. Inner Positioning – From Clash to the Art of War
3. The Art of Dismantling Chaos
4. Art of balancing as a Ground of Being
5. Confusion Creating a Pathway to Truth
6. It is a Receiver's Knowledge & not the Speaker's Knowledge
7. Recovering to one's center / Dynamism is lost due to Mechanicalness/ we are not living in the past – we are LIVING THE PAST
8. From Panoramic to Microscopic – Formless Form
9. From Hurt to Healing /You think the other is blind, but your thinking is blind
10. What is inner strength?
11. Hurt – Fighting with the Saw
12. Who is an Enlightened Person?

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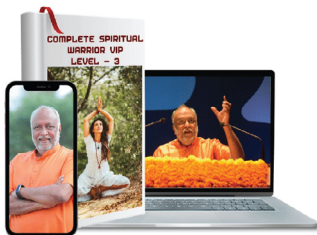
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2. The art of Modeling Successful People involves many formulas & also eliminating lethargy by getting up early with passion & purpose – (Brahma-Muhurta) Sure Steps to make it happen.
3. The art of awakening 5 koshas- i.e. layers and thus creating armor for you to be a "Champion – The Spiritual Warrior"
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5. Tools to transform relationships & Blue print to reaching your Aspirational Goals.

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4. Spiritual Warrior Magical Day#4 – Mindset of a spiritual life warrior – 2.
5. Spiritual Warrior Magical Day#5 – Creativity As A Game Changer
6. Spiritual Warrior Magical Day#6 – Blueprint Of A Life Map
7. Spiritual Warrior Magical Day#7 – Blue Print of Relationship Map
8. Spiritual Warrior Magical Day#8 – Health & healing Map
9. Spiritual Warrior Magical Day#9 – Blue Print of Soul Map
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6. Harmony of Three Brains
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8. Creating the Future Free from the Past
9. Observe your Inner Prison with 100 Eyes
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11. Victim To Captain
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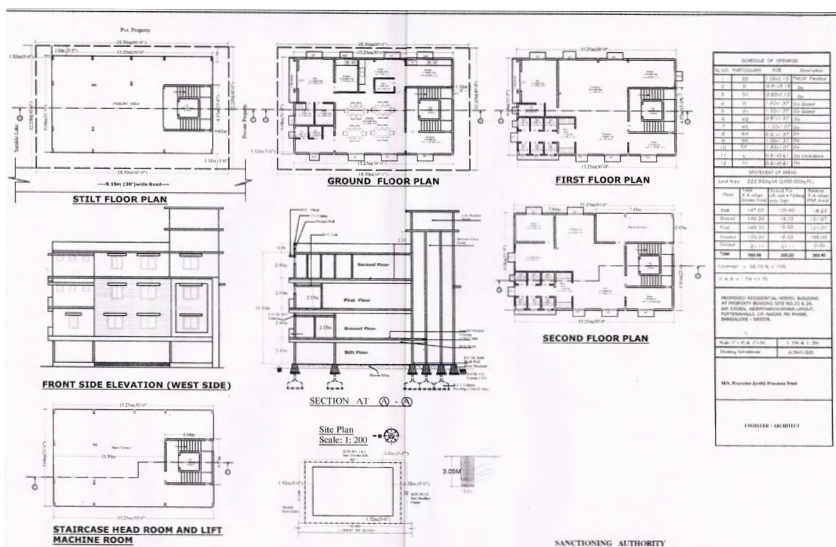
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